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# SMA

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For Doctors, For Patients

## news

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# SMA *Annual Dinner 2019*

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**Dinner Highlights**

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Citation for  
**SM Tharman  
Shanmugaratnam**

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# Tan Tock Seng HOSPITAL

**Tan Tock Seng Hospital (TTSH)**, established in 1844, part of the National Healthcare Group, is one of Singapore's largest multi-disciplinary hospitals, providing holistic and integrated patient care. With a strong quality culture steeped in patient safety, TTSH constantly challenges itself to provide high quality cost-effective care for patients. In recognition of its commitment to excellent patient care and its comprehensive range of quality healthcare services, TTSH has been awarded the ISO 14001 and OHAS 18001 certification.

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**The Department of Medical Oncology**, which runs a multidisciplinary cancer program at TTSH, is seeking Medical Oncology Specialist to join the Department of Medical Oncology.

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You will provide both inpatient and outpatient care for all solid-organ cancers, and you will be part of a growing multidisciplinary team and program in which you will be involved in clinical research as well as education of medical students, Residents and Senior Residents.

## **Requirements**

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More information on this position can be obtained from Dr L. Bharwani, MD, Head, Department of Medical Oncology. Please email your enquiries to: [Lavina\\_Bharwani@ttsh.com.sg](mailto:Lavina_Bharwani@ttsh.com.sg).

Interested applicants are invited to write in with full personal particulars including educational qualifications, work experience, present and expected salary, contact number and email address, by **31 July 2019** to:

**Chairman, Medical Board  
c/o HR Management  
Tan Tock Seng Hospital  
11 Jalan Tan Tock Seng,  
Singapore 308433  
Email: [med\\_career@ttsh.com.sg](mailto:med_career@ttsh.com.sg)  
Fax: (65) 6357 8625**

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# CONTENTS

## Editorial

- 04 The Editor's Musings**  
*Dr Tan Yia Swam*

## Annual Dinner

- 05 SMA Annual Dinner 2019**  
*Jo-Ann Teo*

- 12 President's Welcome Address**  
*Dr Lee Yik Voon*

- 14 Citation for Senior Minister Tharman Shanmugaratnam**  
*Dr Wong Chiang Yin*

## Council News

- 16 2019 SMA Annual General Meeting**  
*Lee Sze Yong*

- 17 Highlights from the Honorary Secretary**  
*Dr Lim Kheng Choon*

- 19 18th MASEAN Mid-Term Meeting**  
*Denise Tan*

## Opinion

- 20 Dealing with Differing Personal Beliefs and Values**  
*Dr Crystal Lim*

## Insight

- 22 A Glimpse into the Past – Medicine in Singapore (Part 14)**  
*A/Prof Cuthbert Teo*



## SMA Charity Fund

- 25 SMACF Welcomes Its New Board of Directors**  
*Ronnie Cheok*

## Event

- 27 Trading In White Coats for Soccer Jerseys**  
*K Vishnupriyah*

## From the Heart

- 28 Project Naamjai 2018**  
*Lee Pei Yu and Dr Evelyn Wong Yi Ting*



## Calendar

- 30 SMA Events Jul-Sep 2019**

## AIC Says

- 31 Enhance Patient Care and Clinic Operations with a SmartCMS**  
*Agency for Integrated Care*

## Indulge

- 32 Being Prepared: Travelling with Young Kids**  
*Dr Tan Yia Swam*



# The EDITOR'S MUSINGS



*Tan Yia Swam*

Editor

The SMA Annual General Meeting was held on 14 April 2019 and the highlights of the meeting are reported in this issue. I am honoured to be elected as the 1st Vice President of the SMA Council. Together with Dr Daniel Lee, Dr Lim Kheng Choon and Dr Benny Loo, we hope that younger doctors will step up and be more active in professional representation, in whichever professional bodies they identify most strongly with – be it the SMA, Academy of Medicine, Singapore, or College of Family Physicians Singapore.

Within the SMA, some simple ways to contribute and be heard include: writing articles for *SMA News*, and being part of the *SMA News* editorial board or SMA Doctors in Training Committee. In a recent chat with doctors in their 20s, I suddenly felt very old. The concerns they face are exactly what I went through, but it felt like a long time ago. They worry about training problems, relationship woes and availability of consultancy jobs, as well as the risk of complaints and litigations.

We cannot deny that we now practise in a more complex environment. Medical knowledge has rapidly expanded, with more and more subspecialties. Some of us are good generalists while

others are ultra-specialists. The medical profession should be helping each other to collectively help patients the best we can.

Medical training cannot just focus on didactic teaching of medical facts and knowledge. There must also be knowledge of national systems, finances, insurance and legal frameworks. It is impossible to cover everything in five years of medical school or even with an additional five years of residency training. These ten years are there to build a strong foundation in medical knowledge. What a doctor needs to learn is how to continuously learn.

I am now just a few weeks into my private practice journey and I am humbled by how little I know about businesses or, in fact, anything outside of surgery. I have told many friends that it feels like a new housemanship posting, except that now, I know my clinical work well – but nothing else. For example, while I knew exactly what surgical options to offer and how to perform the surgery, I didn't know how to arrange the surgery, what forms to fill out and which numbers to call.

It has been a very heartening experience to have many kind seniors reaching out and giving good, sound advice – even for things as simple as the best way to go to

Dr Tan is learning new skills and stretching new boundaries in her private practice. Meanwhile, she still juggles the commitments of being a doctor, a wife, the *SMA News* Editor, the Vice-President of the SMA and a mother of three. She also tries to keep time aside for herself and friends, both old and new.

the wards from the clinic! These brothers and sisters in medicine have taught me the true meaning of collegiality and friendship.

I hope that the SMA will be a source of fellowship and mentoring for doctors, in providing a friendly ear to vent to, a shoulder to cry on, or a place of support when one runs into trouble. For the young doctors and medical students, we could also help in career coaching.

As SMA celebrates its 60th birthday, let's remember and honour what our seniors have done for the profession and Singapore. Let's think about how we can build on what they have achieved, and create a better healthcare system for doctors and for patients. ♦



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# SMA Annual Dinner 2019

Text by Jo-Ann Teo, Editorial Executive

Regent Singapore's Royal Pavilion Ballroom was ablaze with celebration as SMA hosted her 60th Anniversary Annual Dinner on 4 May 2019. Upon registration, guests went about to mingle with one another and visit our sponsors' booths,

which included a splendid display of Maserati's Levante GranSport, before a night of feasting, catching up and collegial networking. With a fine fitting theme of red and gold, the reception area and ballroom were indeed ready for

a celebration – complete with balloons and even an instant photo booth! SMA Charity Fund (SMACF) also took the opportunity to share with guests about their "Adopt-a-Bear" campaign, a newly launched effort that raises funds for needy medical students. A special drink designed for the occasion, dubbed the "SMASHing Sunrise", was also available on tap. Featuring our vibrant corporate colours, the mocktail represented the passion and optimism that SMA embraces as an Association ready for what's next on the horizon.

Dressed to the nines for SMA's landmark event of the year, the more than 500 guests in attendance included medical professionals and students, SMA volunteers, partners and stakeholders. Also in our midst was our Guest of Honour, Mr Tharman Shanmugaratnam, Senior Minister and Coordinating Minister for Social Policies, and his wife; distinguished parliamentarians



②



Dr Lam Pin Min, Dr Tan Wu Meng, Mr Chan Heng Kee, A/Prof Benjamin Ong, Dr Chia Shi-Lu and Dr Lim Wee Kiak; as well as Dr Mohamed Namazie Ibrahim and Prof Rai Mra, Presidents of the Malaysia and Myanmar Medical Associations, respectively. The dinner commenced with SMA President Dr Lee Yik Voon delivering his opening address (see page 12), which touched on some important milestones that SMA has achieved over the past 60 years. He ended his address with a reminder for SMA to continue leading, integrating, facilitating and empowering to serve the healthcare needs of our nation.

### Conferment of SMA Honorary Membership

One of the highlights of the evening was the conferment of the SMA Honorary Membership on Guest of Honour Senior Minister Tharman Shanmugaratnam. First instituted in 1969, the SMA Honorary Membership is the highest honour that SMA can bestow on individuals who are distinguished

in public life or who have rendered meritorious service to the medical profession or to the Association.

SMA Council Member Dr Wong Chiang Yin took the stage to deliver the citation for Mr Tharman (see page 14), during which he highlighted interesting facts about Mr Tharman and how his setbacks and detours leading up to his life as a politician “make him human in a crowd of superhumans”.

Mr Tharman was then invited on stage to receive the SMA Honorary Membership from Dr Lee Yik Voon, in the form of a scroll written by well-known Master calligrapher Mr Kee Meng Cheng. Featured on the scroll is the Mandarin phrase “嘉谋善政”, which means “excellent strategising and skilful governing”, in alignment with Mr Tharman’s role as a servant leader.

### A celebratory toast

After the 60th SMA Council was introduced, wheeled to the middle of the stage was a special cake to celebrate the Association’s big 60. A refreshing

tropical combination of coconut, lime and mango, the cake signifies SMA’s continual efforts to provide a refreshing take on matters close to the hearts of our profession. The 500-strong crowd rose from their chairs and toasted to SMA’s achievements in its 60 years and to many more great years ahead.

### Senior Minister Tharman addresses the crowd

Amid the evening’s proceedings, Senior Minister Tharman took to the stage to deliver a short impromptu speech. He acknowledged that it is a uniquely challenging but also motivating period for Singapore healthcare as our society gets older. He commended our medical professionals, planners and policymakers for being up to the challenge, and said, “we really want to do something special in Singapore, to ensure that healthcare is both affordable and high quality, and that it is humanistic, not as a showcase to the world, but for our own people.” Mr Tharman also offered a timely reminder to “not think of ourselves as [belonging to the] public or private sector, but think of ourselves as professionals in the service of society, playing complementary roles.”

### Presentation of awards

Over the span of the Dinner, SMA presented several awards to recognise and thank individuals for their hard work and dedication towards the Association, the medical profession and research, and/or to the community.



## SMA Merit Award

Launched in 2003, the SMA Merit Award is presented to individuals who have made significant contributions to SMA and the medical profession, or social service to the community. This year, four recipients were awarded the SMA Merit Award.

**Prof Chacha Pesi Bejonji** is an orthopaedic surgeon who has contributed significantly to the advancement of microsurgery in Singapore and the region, as well as to the training of many young surgeons in the field. He credits his achievements in microsurgery to a few unsung heroes, including Prof Robert Pho, Prof Kanagasundaram, Mr Moorthy and Mr Tow Siang Hong, without whom the establishment of microvascular surgery in Singapore would not have been possible.

**Prof Fock Kwong Ming** is a clinical professor at National University of Singapore Yong Loo Lin School of Medicine and an adjunct professor at Duke-NUS Medical School. He has made great contributions to gastroenterology, the enhancement of the quality of care and patient safety, and the adoption of good risk management practices.

**Dr Tan See Leng** is the group chief executive officer and managing director at IHH Healthcare and its subsidiary, Parkway Pantai. For more than two decades, his foresight and expertise has helped transform Singapore's primary care landscape and strengthened our nation's reputation across the region and beyond.



**Prof Wong Tien Yin** is the medical director of Singapore National Eye Centre and the President of the College of Ophthalmologists in Singapore. Apart from several other professional commitments, he is also the immediate-past chairman of the SMACF. His thought leadership and altruism for the betterment of our profession is indeed commendable and inspirational.

We would like to congratulate the SMA Merit Award 2019 recipients for their good work towards Singapore's healthcare.



### Legend

1. A toast to SMA's 60th birthday
2. Group photo with the "SMASHing Sunrise" mocktail in hand
3. Dr Lam Pin Min poses for a table photo with other notable guests
4. Celebrating SMA's birthday with a tropical cake
5. Matching the Association's corporate colours, the mocktail was a hit among the guests
6. Prof Chacha Pesi Bejonji, SMA Merit Award recipient
7. Prof Fock Kwong Ming, SMA Merit Award recipient
8. Dr Tan See Leng, SMA Merit Award recipient
9. Prof Wong Tien Yin, SMA Merit Award recipient
10. Having a table photo taken with distinguished guests, Mr Chan Heng Kee and Dr Lim Wee Kiak



### SMA Long Service Award

The SMA Long Service Award serves to appreciate individuals who have contributed their time and services to SMA's committees. A big thank you to all awardees for your hard work and support of the Association!

#### 20 years of service

**Prof Low Cheng Hock:** SMA Pte Ltd Board of Trustees (since 2005); SMA Trust Fund Board of Trustees (since 2008); SMA Representative, Courage Fund Board of Directors (since 2013); SMA Council (1997–2004); SMA President (2001–2003)

**Dr Jonathan Pang:** Squash Convenor, SMA Sports and Games Committee (since 1990)

**Dr Julian Theng:** Tennis Convenor, SMA Sports and Games Committee (since 1996)

**Dr Tan Kok Soo:** SMA Complaints Committee (1991–2000); Private Practice Committee (1997–2005); Professional Indemnity Committee (1996–2006); SMA Trust Fund Board of Trustees (since 2006); SMA Council (1991–2001); SMA President (1993–1996)



### SMA Secretariat Long Service Award

The SMA Secretariat Long Service Award recognises staff members' dedication and service to the SMA Secretariat, which assists the SMA Council in managing the diverse roles and responsibilities of the SMA.

#### Ten years of service

**Mrs Sarah Lim,**  
Head of Division, Publications

**Mr Lee Sze Yong,**  
Head of Department, Council Support;

#### Five years of service

**Ms Nurul Faizzah Mohd Azmi,**  
Senior Executive, SMJ



### **SMJ Best Research Paper Award 2018 recipients**

The *Singapore Medical Journal (SMJ)* Best Research Paper Award seeks to recognise local and regional researchers for their exemplary research efforts, and encourage high-quality research work in the *SMJ*. This year, the top three research papers were selected from 62 original papers published in the *SMJ* from January to December 2018. The commemorative trophies and certificates were presented to the awardees by *SMJ* Editor-in-Chief A/Prof Poh Kian Keong.

The first prize was awarded to the paper "Patient satisfaction with the cervical ripening balloon as a method for induction of labour: a randomised controlled trial", published in the August 2018 issue of the *SMJ*. Dr Sheri Ee-lin Lim received the award on behalf of her team.

The second prize went to the paper "Frequent hospital admissions in Singapore: clinical risk factors and impact of socioeconomic status", published in the January 2018 issue of the *SMJ*. Dr Low Lian Leng represented his team in receiving the award.

Two research papers were tied for the third prize. The first paper, "Cost-effectiveness of two-dose human papillomavirus vaccination in Singapore", was published in the July 2018 issue of the *SMJ*. Dr Woo Yun Sohn received the award on behalf of her team. The second paper was "Prognostic factors for mortality due to pneumonia among adults from different age groups in Singapore and mortality predictions based on PSI and CURB-6", published in the April 2018 issue of the *SMJ*. Dr Zoe Zhang Xiaozhu, who was to collect the award on her team's behalf, sent her apologies as she was unable to attend the dinner.

15



16



17



## A night to remember

As the night wore on, many guests were spotted catching up and snapping photos with fellow colleagues and friends, and we hope that the dinner was an excellent opportunity to kick-start meaningful conversations and rekindle old friendships. We extend our heartfelt gratitude to Guest of Honour Senior Minister Tharman for taking time to grace the event, as well as SMA Members and guests for the evening of joyous celebration. Last but not least, we would also like to thank the following organisations for their support and sponsorship of the event: Tridente Automobili Pte Ltd, Oxley Holdings Limited and Summit Planners Pte Ltd. Till next year! ♦

### Legend

11. Long Service Award recipients with Dr Lee Yik Voon (from left: Dr Lee YV, Dr Tan Kok Soo and Prof Low Cheng Hock)
12. SMA Secretariat Long Service Award recipients with Dr Lee YV (from left: Mr Lee Sze Yong, Ms Nurul Faizzah, Dr Lee YV and Mrs Sarah Lim)
13. Taking the opportunity to capture a class photo
14. Young doctors in training enjoying some collegiality at the Dinner
15. SMJ Best Research Paper Award recipients with A/Prof Poh Kian Keong (from left: Dr Sheri Ee-lin Lim, A/Prof Poh KK, Dr Low Lian Leng and Dr Woo Yun Sohn)
16. Capturing memories of the evening with a table photo
17. Dr Chia Shi-Lu and esteemed guests pose for a table photo
18. Dr SRE Sayampanathan enjoying a delightful moment
19. Dr Tan Tze Lee laughing and chatting with fellow guests prior to Dinner
20. Dr Lee Suan Yew listening intently
21. Fully utilising the photo booth to capture memories of the evening
22. A/Prof Benjamin Ong poses for a table shot with other notable guests



# INTER- PROFESSIONAL GAMES 2019

**Bring Your A-Game and Let's Retain Our  
Championship Title at This Year's  
Inter-Professional Games (IPG)  
from August to October!**

For more than two decades, SMA has joined forces with five other professional bodies, bringing together doctors, accountants, architects, engineers, lawyers and surveyors to organise the annual IPG.

Last year, SMA emerged victorious and won the IPG Championship title – the first in decades! If you wish to view the complete list of games and take part in IPG 2019, please visit <http://bit.ly/IPG2019>.

*Dr Chia Yih Woei*

**CHAIRPERSON  
SMA SPORTS & GAMES COMMITTEE**



**SMA**60  
For Doctors For Patients  
Years

# PRESIDENT'S Welcome Address



Text by Dr Lee Yik Voon

Senior Minister and Mrs Tharman Shanmugaratnam, Honorary Members, honoured guests, fellow members, ladies and gentlemen, I would like to welcome all of you to SMA's 60th Anniversary Dinner. I am Lee Yik Voon, your SMA President. I am very glad that so many of you have taken precious time from your busy schedules to be with us this evening to celebrate our 60th anniversary.

From the days of the Straits Medical Association, which later became a branch of the British Medical Association, two Medical associations were born. First, our SMA on 15 September 1959 and then, the Malaysian Medical Association on 24 October 1959.

Through the years, SMA has achieved many milestones:

- ▶ The inaugural issue of the *Singapore Medical Journal* was published in March 1960. We achieved an impact factor of 1.08 last year, higher than any local medical journal.
- ▶ *SMA Newsletter*, now known as *SMA News*, was first published in 1966 to communicate medical news, events and interesting trivia.
- ▶ The Annual SMA Lecture was instituted in 1963. Dr Gwee Ah Leng delivered the first lecture, titled "Advertisement and the Medical Profession".
- ▶ Our first National Medical Convention was held at Singapore Trade Union Congress Hall in 1968 and addressed two themes – occupational health and cancer.
- ▶ There have been many debates and dialogues with the Ministry of Health (MOH) over the years, of which one of the first was on dispensing. SMA won the debate and hence right now, clinics are still allowed to dispense medications. Other dialogues included the labelling of medicine, and the Private Hospitals and Medical Clinics Act, as we are MOH's trusted partner to reflect various concerns from the ground.
- ▶ In 1969, we saw the institution of the SMA Honorary Membership. Over the years, this honour has been bestowed on well-known leaders like Mr Lee Kuan Yew, Mr Goh Chok Tong and our current Prime Minister Mr Lee Hsien Loong. Tonight, another leader will receive this honour.
- ▶ The first volunteer group of 14 Singapore Armed Forces medical officers was formed in 1970, led by Dr Arthur Lim, the then-President of SMA.
- ▶ We created Medik Awas in 1970 so that patients who are allergic to Penicillin and other medications, and those with diabetes, could be easily identified through their identification card and tag when they see their doctors or when they are found unconscious.
- ▶ In 1972, SMA visited the Chinese Medical Association for the first time and received a red carpet welcome. We reciprocated in the later part of that year.
- ▶ The Guideline on Fees was started upon the request of the MOH in 1987, but it was withdrawn in 2007 as it may be deemed anti-competitive. It was reinstated in November 2018 as a fee benchmark and our veteran, Dr Toh Choon Lai, was invited to be part of the MOH workgroup. SMA supported the fee benchmark and with that, proposed to do away with many medical claims restrictions while simplifying and speeding up the medical claims process.
- ▶ The formation of MASEAN, short for Medical Association of South East Asian Nations, was in 1980 and the MASEAN secretariat was moved to Singapore in 1996. I am the current MASEAN secretary general.
- ▶ The SMA Centre for Medical Ethics and Professionalism (SMA CMEP) was set up in 2000 to provide doctors with a platform for lifelong learning in the areas of medical ethics, professionalism and health law. The SMA CMEP also hopes to provide leadership in areas of academic training, discussions and research, to support a high standard of medical professionalism, in addition to

developing and promoting the art and science of medical ethics and medical care for the betterment of patient care and public health.

- ▶ During the SARS pandemic, SMA acquired N95 masks from SingHealth and distributed them to our community GPs.
- ▶ Together with the National Healthcare Group, SingHealth, Singapore Nurses Association and Singapore Press Holdings, SMA set up the Courage Fund after the SARS pandemic.
- ▶ In 2009, SMA partnered with MOH to supply Personal Protection Equipment to Community GPs during the H1N1 pandemic.
- ▶ We conducted numerous managed care surveys (since 2003) and had our Medical Convention on Managed Care in 2006. We produced an advisory on managed care organisations in 2009, and with the other two sister professional bodies (Academy of Medicine, Singapore [AMS] and College of Family Physicians Singapore [CFPS]), SMA produced a AMS-CFPS-SMA Joint Advisory on Fees Paid to Managed Care and Third-Party Administrator Companies in 2017.
- ▶ The SMA Medical Students' Assistance Fund was set up in 2007 and this led to the incorporation of the SMA Charity Fund in 2013.
- ▶ SMA Doctors in Training Committee, previously known as the Young Doctors Sub-Committee, was formed to provide strong representation of junior doctors and the issues they face in their residency years.
- ▶ The Singapore Medical Week was launched in August 2017, together with the SMA eMarket, an e-procurement platform for medical devices and consumables. The inaugural SMA National Medical Students' Convention was held in the same week with participation of medical students from the three local medical schools.
- ▶ Concerned with patients' privacy and confidentiality in the implementation of compulsory contribution by various medical facilities, hospitals, specialist and GP clinics, nursing homes, etc, SMA partnered with the AMS and CFPS to conduct a public survey on the National Electronic Health Record which produced results confirming our members' concerns.
- ▶ We organised a symposium in April 2018 titled "Embracing a Safe Digital Health Future for Singapore" to address telemedicine. The areas of concern included regulatory measures, ensuring quality care and compromise in the standards of care, patient safety, and ethics behind providing virtual care.

- ▶ SMA is also involved in the MOH workgroup appointed to review the taking of informed consent and the Singapore Medical Council disciplinary procedure. There is no sacred cow, and we will take the root and branch approach to make the necessary changes. However, there has to be a balance between interest of the doctors and the public.

SMA is constantly looking at how to better serve our Members and society. With new media, modern information technology initiatives and our goal of being a smart nation, we hope to enable our medical profession to provide the care needed in the next century.

As we celebrate the 60th anniversary of SMA, there is much we need to keep abreast with so that we remain relevant to continue to lead, integrate, facilitate and empower doctors in their mission to serve the healthcare needs of our people, towards a better tomorrow. ♦

#### Legend

1. The 60th SMA Council with Senior Minister Tharman Shanmugaratnam, past SMA Presidents, Honorary Members and distinguished guests



# CITATION FOR SENIOR MINISTER *Tharman* *Shanmugaratnam*

Text by Dr Wong Chiang Yin, SMA Council

The last time I spoke on this very same stage with a Senior Minister in the audience was in 2006, when I was SMA President and we conferred the SMA Honorary Membership on our Guest of Honour, then Senior Minister Goh Chok Tong. That evening, when Senior Minister Goh spoke after me, he reminded me that there was this CCTV attached to the ceiling and it was recording everything. It is still there.

I will keep this brief, as I am reminded that everyone remembers Abraham Lincoln for his 271-word Gettysburg Address, but no one remembers the person before him who spoke for two hours at what was known as the Gettysburg Oration.

Guest of Honour, Senior Minister Tharman Shanmugaratnam, Mrs Shanmugaratnam, President Lee Yik Voon, honoured guests, Honorary Members, colleagues and friends, the SMA Honorary Membership is the highest award the SMA gives to an individual for services either to the nation or to the profession.

The previous SMA Council unanimously decided to nominate then Deputy Prime Minister Shanmugaratnam for the Honorary Membership, because the council members believed that as a leader of this country, Mr Tharman embodied all the values the SMA holds dear. All this is obvious. But there is more to Mr Tharman than just achievement. He is in fact quite a bit of a paradox.

But first, let us digress a bit and talk a little about some interesting facets of our Honorary Member:

- ▶ Firstly, Mr Tharman spent many years in a school with the word “Chinese” in its school name, yet the school is paradoxically well known for being extremely bad in Chinese. That is something I am proud to announce the two of us have in common.
- ▶ According to his friends there, he was an avid sportsman and he represented the school in no less than four sports and apparently did not study very hard. He only buckled down and studied after he was laid low by a sports injury.
- ▶ Unlike any of our ministers, he spent a little more time in school than planned because his first attempt at the A-Level examinations was, shall I say, suboptimal. If you think life as a student is stressful nowadays, it was worse then. The school magazine actually published the results of all the A-Level students of the previous year.
- ▶ In fact, if there was streaming in those days, he may not be considered to have taken the express route, let alone the Integrated Programme.
- ▶ After leaving school a little later with a great turnaround in academic results, he went on to study at London School of Economics, Cambridge University and Harvard University.

- ▶ And of course, it is no official secret (pun intended) that he had a small and unfortunate brush with the law in 1992.

I would like to add that much of the above is hearsay. I have not verified if they are facts. But since the Protection from Online Falsehoods and Manipulation Bill hasn't been passed yet, I should be OK. What I am going to say next is pure opinion, which the Act is not supposed to regulate.

Now that we are done with that short public education bit for which Ministry of Law should be pleased, let us now return to regular programming.

At this juncture, one would say that the Tharman Shanmugaratnam story is not very promising by Singapore standards. Singapore leaders often have unblemished and unbroken track records of academic and professional success before they are enrolled into political life. A uni-dimensional life of achievement in an academic meritocracy with no detours would be the usual description befitting such an exceptional life. But our Honorary Member does not quite fit into this category. He has gone through setbacks and detours. That makes him human in a crowd of superhumans.

Perhaps that is why, beyond being an **enduring** politician, of which there are many examples in Singapore, he is also **endearing**. This is a rare thing. Most Singapore political leaders are enduring, competent and honest. But Mr Tharman is all that and more. He is

both **enduring and endearing**, and that in Singapore, is quite a bit of a paradox.

He is also therefore popular. But he is **not populist**. His policies and programmes are based on sound economic principles and social considerations and do not pander to the masses. If anything, they often recognise the limitations of Government and try to engage the people to do more. Programmes such as the Pioneer Generation Package, SkillsFuture, and Community Health Assist Scheme, or CHAS in short, were all started during his watch as Finance Minister. A key facet of all these well-meaning and popular schemes is that they are funded by money raised from the current generation of Singaporeans, not future generations. In many other countries, social spending liability is foisted onto future generations, literally spending money it has not yet earned.

The third paradox I would like to highlight is that he is obviously brilliant, but he doesn't make us feel stupid, or stupider. Which in itself, is also a rare thing in Singapore. Like his late father and SMA Honorary Member, Emeritus Professor K Shanmugaratnam, who could make explaining a difficult histopathology slide sound like a mellifluous radio matinee show on a Sunday afternoon, Mr Tharman is a supremely articulate communicator. Two of the best examples of this are

his speech at a rally in Bukit Panjang in the last General Elections and his onstage face-off with a BBC host at the 45th St Gallen Symposium. If you are unconvinced, go Google these two events and see the videos for yourself.

Clever leaders are not rare in Singapore. The problem is that after interacting with them, many of us mere mortals often end up feeling stupid, especially when they explain difficult, unpopular but perhaps necessary policies. This never happens with Mr Tharman. No matter how difficult the policy is, he has the knack of explaining simply and concisely. He will convince you that the policy is good and necessary, without making you feel stupid, even though in reality, you are probably a lot dumber than him. In fact, he makes you feel cleverer. You feel that after hearing him talk, a bit of his cleverness has actually rubbed off on you. That in itself is a paradox as well.

He is both enduring and endearing. He is popular but not populist. And he convinces you he is right and at the same time makes you feel smarter. These are all paradoxes.

Like many good short stories, I will end this citation with a mystery: How does Mr Tharman do it?

Well, in all likelihood, we will never find out.

Ladies and gentlemen, thank you for bearing with me.

## Conferment and the scroll

I now invite SMA President Dr Lee Yik Voon onstage, to confer on Mr Tharman Shanmugaratnam the SMA Honorary Membership for his services to the nation.

For this event, we have asked a Master Calligrapher, Mr Kee Meng Cheng, to write a scroll. Mr Kee is also the same calligrapher that SMA engaged when Mr Lee Kuan Yew, Mr Goh Chok Tong, Mr Lee Hsien Loong, Dr Tony Tan and Mr Gan Kim Yong were conferred Honorary Memberships. His works are avidly sought out by collectors all over the region and he has been often regarded as the natural successor to the late Mr Pan Shou, Singapore's most pre-eminent Chinese calligrapher.

The four words “嘉谋善政” mean “excellent strategising and skilful governing”, which we believe succinctly describes our Honorary Member's attributes as servant and leader of the people.

A little-known fact about this scroll is that Mr Kee had to redo it. This is because the first scroll was written a few weeks ago. And then, as we all know, Mr Tharman got promoted. So Mr Kee had to redo the scroll so that the salutation is correct. But not to worry, Mr Kee was happy to redo the scroll and he didn't charge SMA more. But it was a bit stressful due to time constraints. ♦



### Legend

1. A group photo after the conferment of the Honorary Membership

①

# 2019 SMA Annual General Meeting

Text by Lee Sze Yong, Manager, Council Support

Dr Lee Yik Voon was re-elected as SMA President during the SMA Annual General Meeting (AGM) held on 14 April 2019.

Dr Lee began by thanking Members for attending the AGM. Following that, he highlighted important recent developments including SMA's inputs on telemedicine, the joint survey on the National Electronic Health Record by the three professional bodies (Academy of Medicine, Singapore, College of Family Physicians Singapore and SMA), and SMA's feedback on the upcoming Healthcare Services Act.

Dr Lee ended his address by thanking all volunteers who have contributed their valuable time to support SMA.

Honorary Assistant Secretary Dr Anantham Devanand then referred Members to the SMA Annual Report 2018/2019, themed "60 years of Advancing Singapore Healthcare" (<http://bit.ly/SMA-AR>).

Next, Honorary Treasurer Dr Benny Loo presented the accounts for SMA, of which a loss of \$672K for 2018 was highlighted. Dr Loo also presented the accounts for SMA Pte Ltd (SMAPL). SMAPL's profit and loss statement largely depended on the performance of its investments. For 2018, we suffered a \$575K unrealised fair value loss from investments due to Asian markets tumbling at the year-end as a result of China and the US being engulfed in a trade war.

Mr Martin Ho, SMA Chief Administrator, presented updates for the SMA Charity

Fund (SMACF). Dr Chong Yeh Woei, Ms Koh Lin-Net and Dr Roland Xu have recently joined the SMACF Board of Directors (see page 25), while Prof Thio Li-Ann, Dr Charles Toh and Prof Wong Tien Yin have stepped down from the Board. The Board extends their appreciation for their service.

Members present affirmed the SMA Council's proposal to elect Mr Tharman Shanmugaratnam as an SMA Honorary Member. The Honorary Membership has been conferred during the SMA Annual Dinner on 4 May 2019.

Elections for the 60th SMA Council were then conducted. Members present were also updated on SMA's lease with the Alumni Association (AA) at 2 College Road, including the chronology of communication with AA.

As the stipulated quorum of 50 members was not reached, the proposed amendments to the SMA Constitution were not discussed.

With that, the AGM was concluded. The 60th SMA Council looks forward to continuing the good work of the Association in the year ahead. ♦

## Legend

1. Standing (from left): Dr Toh Choon Lai, Dr Wong Chiang Yin, Dr Tan Tze Lee, Dr Chong Yeh Woei, A/Prof Tan Choon Kiat Nigel, Dr Anantham Devanand

Sitting (from left): Dr Chan Teng Mui Tammy, Dr Loo Kai Guo Benny, Dr Tan Yia Swam, Dr Lee Yik Voon, Dr Lee Hsien Chieh Daniel, Dr Ng Chee Kwan, Dr Noorul Fatha As'art

Not in picture: Dr Lim Kheng Choon, Dr Woon Yng Yng Bertha, A/Prof Chin Jing Jih, Dr Lee Pheng Soon, Dr Ng Chew Lip, Adj Prof Tan Sze Wee, Dr Wong Tien Hua

## 60th SMA Council 2019–2020

### President

Dr Lee Yik Voon

### 1st Vice President

Dr Tan Yia Swam

### 2nd Vice President

Dr Lee Hsien Chieh Daniel

### Honorary Secretary

Dr Lim Kheng Choon

### Honorary Assistant Secretary

Dr Loo Kai Guo Benny

### Honorary Treasurer

Dr Ng Chee Kwan

### Honorary Assistant Treasurer

Dr Woon Yng Yng Bertha

### Council Members

Dr Anantham Devanand

Dr Chan Teng Mui Tammy

A/Prof Chin Jing Jih

Dr Chong Yeh Woei

Dr Lee Pheng Soon

Dr Ng Chew Lip

Dr Noorul Fatha As'art

A/Prof Tan Choon Kiat Nigel

Adj Prof Tan Sze Wee

Dr Tan Tze Lee

Dr Toh Choon Lai

Dr Wong Chiang Yin

Dr Wong Tien Hua

# HIGHLIGHTS

## FROM THE HONORARY SECRETARY

Report by Dr Lim Kheng Choon

Dr Lim is the Honorary Secretary of the 60th SMA Council. He is currently an associate consultant at Singapore General Hospital.



### Joint CFPS-SMA engagement session

The College of Family Physicians Singapore (CFPS) and SMA organised a joint engagement session on 13 April 2019 for CFPS and SMA Members to provide feedback regarding informed consent and the Singapore Medical Council disciplinary process. The session was jointly organised with a Ministry of Health (MOH) Workgroup that was formed to review and make recommendations regarding the two abovementioned areas.

We thank Members for attending the session and for their valuable feedback and inputs. If Members wish to provide feedback to the MOH Workgroup, you can send an email to [sma@sma.org.sg](mailto:sma@sma.org.sg).

### Legend

1. SMA Council Members with Dr Beh Swan Gin and Dr Ahmad Magad (SMF Secretary-General) at the opening ceremony

### Opening ceremony for SMA office

SMA's new office was officially opened on 25 April 2019 by Dr Beh Swan Gin, Chairman of the Economic Development Board. Dr Beh unveiled a plaque with SMA Council Members in attendance.

SMA shifted to 2985 Jalan Bukit Merah, #02-2C, SMF Building, Singapore 159457 with effect from 3 August 2018.

### 2019 SAPI Code of Conduct

The Singapore Association of Pharmaceutical Industries (SAPI) has released the 2019 edition of the SAPI Code of Conduct.

Major changes include additions to Article 7.5.1 "Prohibition of Cash & Personal Gifts" and 7.5.2 "Gifts", which took effect from 1 February 2019. We recommend that SMA Members take note of the new prohibitions.

The Code can be accessed at: <http://www.sapi.org.sg/resources/>. ♦





# Going into Private Practice — What You Should Know

*Understanding the Law and Ethics*

3 August 2019, Saturday

1 pm to 5 pm

Novotel Singapore  
Clarke Quay

2 CME points  
(subject to Singapore  
Medical Council's approval)

**For more information  
and/or to register,  
please scan the QR code.**

You may also contact  
Denise Tan and Jasmine  
Soo at 6223 1264 or at  
denisetan@sma.org.sg or  
jasminesoo@sma.org.sg.



Time	Programme	Speaker(s)
1 pm	Registration (Lunch provided)	
2 pm	Understanding the Private Hospitals and Medical Clinics Act	<b>A/Prof Raymond Chua</b> Group Director (Health Regulation Group), Ministry of Health
2.40 pm	Basic Company Law – Avoiding common legal pitfalls in new medical practices	<b>Mr Francis Chan</b> Senior Associate, Rajah & Tann Singapore LLP
3.20 pm	Signing contracts with third-party administrators and other entities	<b>Dr Alex Wong</b> General Practitioner, AE Medical Clinic  <b>Dr Ng Chee Kwan</b> Urologist and Director, CK Ng Urology & Minimally Invasive Surgery; Council Member, SMA
4 pm	Medical Business – Ethics vs profits	<b>Dr Suraj Kumar</b> Drs. Bain & Partners LLP; Honorary Secretary, College of Family Physicians Singapore
4.40 pm	Closing	

Booth Sponsors:



# 18<sup>th</sup> MASEAN MID-TERM MEETING

Text by Denise Tan, Assistant Manager, International Relations

The 18th Medical Association of South East Asian Nations (MASEAN) Mid-Term Meeting was held from 14 to 16 March 2019 at Shangri-La's Mactan Resort and Spa in Cebu, Philippines. This year's meeting was hosted by the Philippine Medical Association (PMA) and attended by delegates from the national medical associations (NMAs) of Malaysia, Myanmar, the Philippines, Singapore, Thailand and Vietnam.

The SMA delegation comprised Dr Tammy Chan (Treasurer, MASEAN), A/Prof Mahesh Choolani (Vice-Chairman, MASEAN Group of Journals), Dr Tan Tze Lee, Dr Lim Kheng Choon and the secretariat team.

## Scientific symposium

The theme for this year's Scientific Symposium was "Crisis in Non-Communicable Diseases (NCDs) in the Workplace". According to the World Health Organization, the four major risk factors are tobacco use, physical inactivity, harmful use of alcohol and unhealthy diets.

SMA representatives shared about the initiatives that Singapore has launched

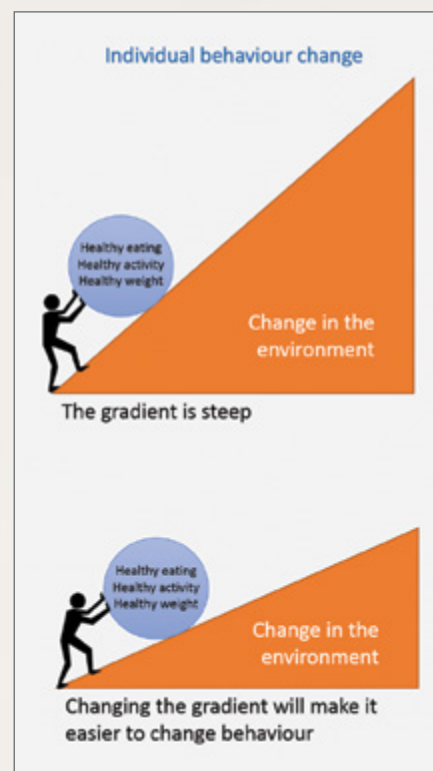
in this aspect: Community Health Assist Schemes, tobacco control measures, War on Diabetes and HealthySG Taskforce.

Following the presentation and discussion by the respective NMAs, it was concluded that NCDs are associated with human behaviour, the environment, and economic and social factors, and that many initiatives have been put in place to create awareness of the threat of NCDs. The best prevention is a change in lifestyle. However, for people to make healthy choices, the healthy choices must be made available, accessible and affordable. What then is the role for doctors here? – Opportunistic smoking cessation, prescribing exercise and/or giving suggestions on diet?

With these thoughts in mind, the delegates bade farewell as the Mid-Term Meeting concluded.

## Next meeting

We thank the PMA for their hospitality and look forward to the 19th MASEAN Conference, to be held in Indonesia in 2020. ♦



## Legend

1. Delegates of the 18th MASEAN Mid-Term Meeting



Adapted from Bonfiglioli C, 2007



# DEALING WITH DIFFERING *Personal Beliefs* AND *Values*

Text by Dr Crystal Lim

Understanding patients' personal beliefs is an essential part of good medical practice. Patients' healthcare beliefs may either be knowledge or value based. When patients with intact mental capacity hold cognitive beliefs that are factually inaccurate or illogical because of their failure to understand medical information, this is resolved by educating them in a language and manner which they can understand. This is essentially a knowledge or comprehension issue. Doctors should be mindful to communicate at the patient's level

and avoid technical jargon. It is good practice to use visual aids to assist understanding and to follow up with open-ended questions to check that the patient has understood.

The Singapore Medical Council (SMC) Ethical Code and Ethical Guidelines states, *"If patients continue to refuse necessary treatment despite your explanations, you must respect their decisions."*<sup>1</sup> In such situations, doctors are dealing with a different type of refusal. It is a value-based refusal that is influenced by personal, religious or cultural beliefs. The

natural tendency is to switch to the explanation and persuasion mode to continue to convince patients and their surrogates on the benefits of treatment. However, a more effective approach is to explore further with patients their reasons for refusal. Patients' beliefs are influenced by illness interpretation and their priorities (ie, what is of importance to them, such as life goals, values and needs). It behoves doctors to understand what their patients' beliefs are, and utilise their medical knowledge to guide them on what

treatment will best serve their goals and needs. Competent patients' treatment refusals that are made with genuine understanding should be respected by healthcare professionals. This is the cornerstone of respect for persons and autonomy. Although autonomy extends to accepting the patient's right to decline beneficial medical treatment, it does not carry any obligations for doctors to accede to demands for treatment that are not medically appropriate.

### Doctors' personal beliefs

It is equally important to recognise the importance of the doctor's personal beliefs and these impact on clinical decision-making. Personal beliefs should not be confused with controversies that exist in the scientific basis of medical knowledge or judgement calls in clinical practice. The SMC Handbook of Medical Ethics (HME) defines personal beliefs as those held by the doctor on a personal basis, such as a set of religious or philosophical beliefs, and not the sort of beliefs that generally guide patient management.<sup>1</sup>

Patients rely on doctors for their expertise and treatment. This creates an inherent power imbalance in the doctor-patient relationship and patients are in a position of vulnerability. Patients may feel obligated to listen to doctors or feel constrained and intimidated in expressing differing beliefs. Patients may align their beliefs to suit their doctors' values inadvertently. Doctors should have the awareness and not foist their beliefs – whether consciously or unintentionally – on patients. This is reiterated in the SMC HME, *"Patients will have their own beliefs, faith or spiritual concerns in addressing issues of illness, suffering, debilitation and dying. If you have*

*a different set of beliefs from your patients, you ought not to try to change their beliefs or impose your own beliefs on them."*<sup>1</sup>

### Impact on clinical management

Personal beliefs and values by their nature tend to be strongly held by an individual, and doctors are no exception. There may be occasions when a doctor's beliefs prevent him/her from offering certain treatment or procedures. Termination of pregnancy is one such example. If a doctor exercises conscientious objection, he/she is to explain his/her reasons clearly to the patient while respecting the patient's perspective. The doctor should refer the patient to alternative medical providers if she seeks treatment in this aspect. However, beliefs should not be used to discriminate against any individual or group of individuals on the basis of personal bias. Offering termination of pregnancy to one group of patients while declining in another group based on discriminatory factors is not acceptable. If a clinician has a personal belief against a procedure, all patients who seek that procedure for medically appropriate reasons should be referred on to other doctors.

### Religious and spiritual beliefs

When doctors and patients share similar faiths or spiritual perspectives, doctors need to be prudent in supporting patients through religion. There is a risk of loss of objectivity, and of compromising clinical judgement and professionalism. However, patients also want empathy and compassion from their physicians, and religion forms a central part of how patients cope with illness and suffering. Any

engagement should only be done with the expressed consent of the patient and the boundaries of professional relationship should be made clear.

### Importance of self-awareness

The personal beliefs of doctors can subtly influence the medical opinions they give to patients and their decisions are not always free from bias. The safeguard against these influences affecting medical objectivity is awareness and a willingness to seek the input of others. With deliberate practice, doctors must learn to recognise situations where there is bias and take steps to prevent those biases from influencing clinical decision-making. ♦

### Reference

1. Singapore Medical Council. *SMC Ethical Code and Ethical Guidelines (2002 and 2016 editions) and Handbook on Medical Ethics (2016 edition)*. Available at: <http://bit.ly/2AxPyYU>.

Dr Lim (PhD Social Work, MA Bioethics, MSW) is a master medical social worker at Singapore General Hospital. Her clinical interests include clinical ethics, transplant social work, nephrology social work, grief and bereavement work, and family violence intervention. She has received several awards in recognition of her clinical excellence and commitment.



# A Glimpse into the Past

## MEDICINE IN SINGAPORE (PART 14) THE 1960S AND 70S

*This is the fourteenth instalment of a series on the history of medicine in Singapore.*

Text by A/Prof Cuthbert Teo, Editorial Advisor

In 1959, Singapore attained self-government and the urban health services (Municipal Health Department) became assimilated into the Government Medical Department to form the Ministry of Health (MOH). In 1960, the MOH incorporated the City Analyst's department into the Government Analyst's department to provide a more integrated chemical service in Singapore. The formation of the MOH marked the 1960s as a period of reorganisation and consolidation of hospital services. Central control was established and health services were consolidated, with the start of open heart surgery, coronary care and haemodialysis.

In 1963, five honorary consultants selected from among specialist doctors who had retired from government or university service, or those who had gone into private practice, were appointed to the Singapore General Hospital (SGH). They were Prof Benjamin Henry Sheares (O&G), Prof Ernest S Monteiro (Medicine), Prof Yeoh Ghim Seng (Surgery), Mr Seow Li Jin (ENT) and Dr Robert Loh (Ophthalmology). Prof Yeoh was Head of the University Department of Surgery from 1955 to 1962; he later became Speaker of Parliament and acted as the President of Singapore for three separate times. Mr Seow contributed \$1.5 million to start the National University of Singapore Professorship in Otolaryngology. Dr Loh was born in 1925, graduated from the University of Malaya in 1949 and obtained his Fellowship of the Royal College of Surgeons of Edinburgh in 1959. He was senior consultant ophthalmologist

in the SGH until 1969. He obtained the Fellowship of the Royal Australian College of Ophthalmologists in 1973, and the Fellowship of the Royal Australasian College of Surgeons in 1974. Dr Loh was President of the SMA from 1964 to 1965, and was the founder president of the Ophthalmological Society of Singapore from 1963 to 1976. He was also Master of the Academy of Medicine, Singapore from 1975 to 1979. In 1978, he was conferred the Honorary Fellowship of the Royal College of Physicians and Surgeons of Glasgow. He was past-president of the National Council of Social Services.

The late 1960s saw marked improvement in the standard of living, urban renewal, industrialisation and large leaps in medical technology and science. 1961 saw the separation of Singapore's first Siamese twins – Karen and Kate; the surgery was conducted on 12 December, at the SGH, by Prof Yeoh Ghim Seng and Dr Choo Jim Eng. In 1962, the KK Women's and Children's Hospital (KKH) was reorganised into three training units – the University Unit and Training Units A and B. Under this new structure, the three units concentrated on complicated cases and the training of doctors, while the Maternity Home Unit undertook the bulk of routine delivery. As a result of the reorganisation, postings in the Training Units were recognised by the Royal College of Obstetricians and Gynaecologists in 1963 (KKH's University Unit moved to the National University Hospital in 1985).

In 1963, Singapore's first cardiac laboratory was set up at the SGH. In 1964,

a new Emergency Unit was opened and a radioisotope laboratory was established. Singapore's first open intra-cardiac repair of an atrial septal defect using cardio-pulmonary bypass was done on 28 January 1965. Also that year, Prof Wong Hock Boon of the university's Department of Paediatrics, and Dr WR Brown, a Research Associate of the Hooper Foundation, completed their work on kernicterus in Singapore, which led to the screening of newborns in Singapore for glucose-6 phosphate dehydrogenase (G6PD) deficiency. In 1967, a Coronary Care Unit was established at SGH. Singapore's first renal transplant was done on 8 July 1970 on a 29-year-old female with chronic pyelonephritis.

In 1966, the Guinness Book of Records recognised KKH as having the largest number of babies born in a hospital in the world. The record "birthquake", as it was called, was 39,856 babies (more than 109 per day) in a year.<sup>1,2</sup> This record would be held for the following ten years. In 1967, Prof VK Pillay and Mr WGS Fung were

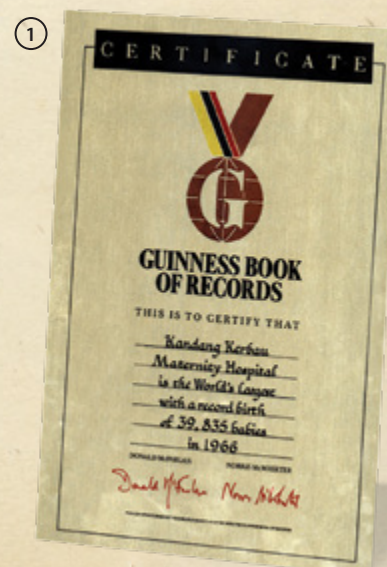


Photo: KK Women's and Children's Hospital

appointed the heads of the university department and government department of orthopaedic surgery, respectively, at SGH. The Singapore Orthopaedic Society held its inaugural meeting on 14 October 1967 with Mr Fung as the president and Prof Pillay as the vice-president. The Government Analyst Department was transferred to the Ministry of Science and Technology in 1968. At the KKH, the Domiciliary Delivery and Domiciliary Aftercare Services were stopped.

In 1968, the first two patients with chronic renal failure were started on regular haemodialysis at the SGH. The Department of Radiology was divided into two separate departments – Diagnostic Radiology and Radiotherapy. That year, the SGH was renamed Outram Road General Hospital.

By 1970, the time was ripe for specialisation and a Committee on Medical Specialisation was set up by then Minister for Health Mr Chua Sian Chin; they were to recommend a programme to develop specialties that would meet Singapore's needs, and to make the Republic an internationally pre-eminent centre for treatment, training and research. The Committee recommended the development of five subspecialties; namely, neurosurgery, cardiothoracic surgery, plastic and reconstructive surgery, paediatric surgery and renal dialysis. The Committee also recommended that the specialties be developed as independent units, but should be grouped together in a hospital complex for economic, administrative and functional reasons. The Committee noted that for these subspecialties to develop, there would be a need for concurrent development of related specialties in the fields of radiology, anaesthesiology, laboratory services, gastroenterology, urology, intensive care, immunology, genetics, haematology and nuclear medicine, although not as separate units. The MOH set up a Child Guidance Clinic on SGH grounds on 7 April 1970, which was later moved to the Institute of Health in 1980.

As a temporary measure, the Neurosurgery and Cardiothoracic Units were developed in Tan Tock Seng Hospital under Mr Tham Cheok Fai and Mr Tan Ngoh Chuan, while the Burns and Plastic Unit was developed in SGH under Dr Wong Kum Leng. The Paediatric Surgery Unit was later established under Mr VT Joseph, while Nephrology and Renal Dialysis came under the charge of

Dr Lim Cheng Hong. A ten-bed Dialysis Unit was set up in 1970. In 1972, the Plastic and Reconstructive Surgery Department was opened. In 1973, the Renal Unit became the Department of Renal Medicine. In 1974, the Emergency Unit was re-designated as the A&E Department, a gastro-endoscopic service was started, and a Paediatric Surgery Unit was established under the Department of Surgery. In 1975, the Surgical Intensive Care Unit was opened, and a Self Dependency Dialysis Unit was established. In 1977, the first two living-related renal transplants were carried out and orthopaedic surgeons began to perform microvascular surgery. In 1978, the A&E Department handled its first mass casualty disaster when a Greek tanker, *Spyros*, exploded. Thus, the 1970s saw the establishment of surgical subspecialties.

The withdrawal of the British Forces from Singapore in 1971 gave the Ministry two additional hospitals – Alexandra Military Hospital (renamed Alexandra Hospital) and the Naval Base Asian Hospital (renamed Sembawang Hospital). That year, in the *Archives of Dermatology*, volume 104, Dr Tay Chong Hai described a rare syndrome (associated with intellectual impairment, brittle hair, ichthyosis, decreased fertility and short stature) now known as Tay's or IBIDS (ichthyosis, brittle hair and nails, intellectual impairment, decreased fertility, short stature) syndrome, or trichothiodystrophy.

In 1972, the Ministry of Environment was set up to take charge of environmental health, thus MOH could concentrate its resources on hospital services, primary health services, dental services and support services. In 1975, Dr Toh Chin Chye was appointed Minister for Health (until 1981). In 1976, building started in the Institute of Dental Health, which was temporarily occupied by MOH in 1978.

Earlier in 1971, the Government appointed a firm of consultant planners to determine the requirements for hospital services over the next 20 years, to provide a plan to meet these requirements, and to advise on the redevelopment of the SGH. They produced a report in April 1972, and in November that year, the Government gave approval for the construction of a new hospital at the Outram Road area. A six-member Hospital Planning Committee was formed with Dr Kwa Soo Bee as the Chairman; the other members included

Dr Lim Cheng Hong, Dr Charles Toh, Dr Leong Hin Seng, Dr Wong Kum Leng and Dr Ong Yong Wan. In 1978, Dr Kwa was appointed Medical Superintendent to oversee the implementation of the recommendations of the Committee on Medical Specialisation, and was also assigned to undertake the planning and building of the new SGH.

In 1975, KKH was recognised by the Guinness Book of Records as the world's largest maternity hospital in the era where home deliveries were still common in many parts of the world, and reported that it had 239 midwives, 151 beds for gynaecological cases, 388 maternity beds and an output of 31,255 babies in 1969.

In 1975, the foundation stone of the new SGH was laid. On 12 September 1981, the new eight-block SGH was officially opened by the then Prime Minister, Mr Lee Kuan Yew. The commissioning of the third SGH was completed in 1983 when the Supplies Department and the Linen Supplies Unit were transferred to Block 8. The new SGH had cost \$194 million, excluding land costs. In 1976, the Government Analyst Department at Sepoy Lines changed its name again to the Department of Scientific Services, to reflect the wide range of new services that were incorporated in the department; namely, radiation, microbiology and chemical engineering, and was transferred to the MOH in 1983. Thus the current SGH, as we know it today, is the fourth general hospital to be built at the Sepoy Lines locality. ♦

## References

1. Tan TC, Tan KT, Tay EH. *Practical obstetrics and gynaecology handbook for O&G clinicians and general practitioners*. 2nd ed. Singapore: KK Women's and Children's Hospital SingHealth, World Scientific, 2014.
2. Tan KH, Chern SM. *Progress in Obstetrics from 19th to 21st Centuries: Perspectives from KK Hospital, Singapore - the Former World's Largest Maternity Hospital*. *The Internet Journal of Gynecology & Obstetrics* 2002; 2(2).

## Legend

1. The Guinness Book of Records Certificate awarded to KKH in 1966

A/Prof Teo is trained as a forensic pathologist. The views expressed in the above article are his personal opinions.



# WHY JOIN SMA MEMBERSHIP?

SINCE 1959, WE'VE BEEN ADVOCATING FOR MEDICAL PRACTITIONERS AND DOCTORS IN TRAINING ON MATTERS CLOSE TO OUR HEARTS WITH THE GOAL OF ENHANCING THE LOCAL HEALTHCARE LANDSCAPE – **FOR DOCTORS, FOR PATIENTS.**



## PRIVILEGES AT A GLANCE

01

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REGISTER FOR CME EVENTS AND COURSES, AND COMPLETE MONTHLY SMJ CME QUIZZES



02

**PRACTICE RESOURCES**  
PLACE ORDERS FOR YOUR MEDICAL SUPPLIES WHENEVER, WHEREVER AT [SMAEMARKET.SG](http://SMAEMARKET.SG)



03

**EMPLOYMENT OPPORTUNITIES**  
SEARCH FOR PERMANENT OR LOCUM POSITIONS AND HIRE SMA-TRAINED CLINIC ASSISTANTS



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*SMA MEMBERSHIP IS BASED ON AN AUTO-RENEWAL BASIS AND ANNUAL SUBSCRIPTION FEES ARE DUE AT THE START OF EACH CALENDAR YEAR. ANY REQUESTS REGARDING YOUR MEMBERSHIP STATUS SHOULD BE SENT IN WRITING VIA EMAIL TO [MEMBERSHIP@SMA.ORG.SG](mailto:MEMBERSHIP@SMA.ORG.SG), SUBJECT TO APPROVAL FROM THE SMA COUNCIL.*

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## SMACF WELCOMES ITS NEW

# Board of Directors

Text by Ronnie Cheok, Assistant Manager, SMA Charity Fund

SMA Charity Fund (SMACF) is pleased to welcome three new members to the Board. At the same time, we also bid a fond farewell to our three outgoing Directors.

## Coming on board

Dr Chong Yeh Woei was elected as Chairperson of the new Board and will be joined by two new Board Members: Ms Koh Lin-Net and Dr Roland Xu.

## The new Board of Directors is as follows:

Dr Chong Yeh Woei  
Dr Wong Chiang Yin  
Mr TK Udairam  
Mr Colin Lim  
Mr Alex Koh  
Dr Lim Kheng Choon  
Adj Prof Tan Sze Wee  
Dr Noorul Fatha As'art  
Ms Koh Lin-Net  
Dr Roland Xu



### DR CHONG YEH WOEI

**Dr Chong Yeh Woei** is no newcomer to the SMA community. He has been an SMA Council Member since 1998 and was SMA President from 2009 to 2012. Dr Chong is currently the Chair of the Membership Committee in SMA. Aside from that, he is also Chairman of the Ministry of Health Medical Advisory Panel on Driving and Chairman of the Confederation of Medical Associations of Asia and the Oceania – of which the SMA is a member. He represents the SMA on the SMC-CME Coordinating Committee and is a member of the SMA-IDA Ikatan Dokter Indonesia (Indonesian Medical Association) Joint Committee (MOU on Publicity Guidelines and Code of Ethics on Hospital Promotion).



### MS KOH LIN-NET

The second new member is **Ms Koh Lin-Net**, who is currently Chief Executive of Temasek Foundation Innovates and Temasek Foundation Nurtures. Ms Koh has more than 20 years' experience in the Singapore Civil Service; as a member of the administrative service, she has held a wide range of positions including that of Deputy Secretary in various ministries, as well as Chief Executive of the Media Development Authority.



### DR ROLAND XU

The third and final new Board Member is **Dr Roland Xu**, a past recipient of the SMA Medical Students' Assistance Fund and a current medical officer serving in our public healthcare institutions. Dr Xu hopes that his appointment to the Board will be the catalyst to help rally past bursary recipients in support of SMACF's cause.

SMACF would like to place on record its deepest appreciation to the outgoing Board Members – Prof Wong Tien Yin, Dr Charles Toh and Prof Thio Li-Ann – for their considerable contribution to SMACF since its inception. We would also like to take this opportunity to wish them all the very best in their future endeavours and we look forward to their continued support of our cause. ♦

*It's time to tee off at the...*

# SMA ANNUAL GOLF TOURNAMENT 2019

**17 July 2019, Wednesday | Sembawang Country Club**

*Registration starts from 12 pm (Shotgun will start at 1.30 pm)*

## **Calling all SMA Members!**

Join us at the SMA Annual Golf Tournament 2019 and look forward to a fun-filled day of golfing at Sembawang Country Club.

Don't miss out on the chance of winning the hole-in-one prize - a Mercedes-Benz E 200 AVANTGARDE - in addition to other exciting golfing and lucky draw prizes.

Jio\* your friends to compete in this year's tournament too; those who are not doctors can also vie for the "Friends of SMA" trophy! You can also look forward to goodie bags, and a sumptuous lunch and dinner.

**Wait no longer - round up your golf kakis# and sign up now at:**  
<http://bit.ly/SMAGolf2019>

Registration closes on **5 July 2019**.

See you there!

Yours sincerely,

*Dr Adrian Tan*

Convenor, SMA Annual Golf Tournament 2019

*Who will emerge  
champion in  
"The GP versus  
Specialist"  
competition this  
year? Will Team GP  
defend their title? Or  
will Team Specialist  
steal the win?*

\*Hokkien for invite  
#Hokkien for buddies

**Main Sponsor:**



**Hole-in-One Sponsor:**



# TRADING IN WHITE COATS FOR SOCCER JERSEYS

Text by K Vishnupriyah,  
Executive, Membership Services

①

It was that time of the year again, when our doctors took on a different role as soccer players for an afternoon at our 45th SMA Goldplus Universal Inter-Hospital Soccer Tournament. This was the second time that the soccer tournament was being held at the Cage Sports Park @ Turf City.

The weather was perfect – a cheerful sunny day that mirrored the mood of the players as they donned their soccer studs and team colours, preparing for the win.

Lots were drawn by the team representatives to decide their opponents for the five matches they would each play. Lady Luck decided if the teams had to play back-to-back games or if they had a break in between, which would be a true test of their stamina and teamwork. Regardless of the outcomes of the lots drawn, every team took up the challenge with a fighting spirit and “never say die” attitude.

Soccer is a game of strategy and stamina but beyond that, it also rewards the players with a chance to connect with their teammates and push their limits as a team player. The players’ desire to win became more evident as the matches kicked off with Team Private Practice facing Team NUHS, while the two

SingHealth teams faced off against each other. Following that, ten exciting yet gruelling matches ensued with only two ending in draws. Even the competition for the top scorer was a close call, with the number of goals under each player’s belt changing with every match. It finally ended with a tie between Dr Edward Zhang from Team SingHealth 1 and Dr Jesse Chang from Team SAF, garnering three amazing goals each to push their teams nearer to the championship title.

The final showdown was between Teams SingHealth 1 and SAF with a nail-biting suspenseful match that would determine the champion, as both teams were equally strong and skilled on the pitch. With their last surge of energy, the Team SingHealth 1 players ended the match with a score of 1-0 and a resounding applause from the audience.

The total number of goals scored over the entire four-hour time frame of the

tournament was 17; the highest number of goals being scored was six by the champions, Team SingHealth 1. Both Teams NUHS and SAF gave Team SingHealth 1 a run for their money, ending up as the 1st and 2nd runners-up, respectively.

Our heartiest congratulations to Team SingHealth 1, led by captain Dr Mohamad Farid Bin Harunal Rashid, for winning the championship at the 45th SMA Goldplus Universal Inter-Hospital Soccer Tournament!

We would also like to thank Goldplus Universal Pte Ltd for their generous sponsorship and for supporting the players throughout the matches. Our annual inter-hospital soccer tournament is not just about winning or losing, but also celebrating sportsmanship and true camaraderie over a fulfilling afternoon of sporting fun. We are already looking forward to the next one in 2020! ♦

## Legend

1. An almighty kick
2. The tired yet delirious faces of victory



②



## Winners List

**Champion**  
SINGHEALTH 1

**1st Runner Up**  
NUHS

**2nd Runner Up**  
SAF

**4th Placing (Tie)**  
PRIVATE PRACTICE  
NHG

**5th Placing**  
SINGHEALTH 2

*These placings are determined by points accumulated from the outcome of the matches*

①

# Project Naamjai 2018

Text by Lee Pei Yu in collaboration with Dr Evelyn Wong Yi Ting | Photos by Project Naamjai

Project Naamjai was first launched in 2012 with the intention of understanding the needs of the people in rural Chiang Mai as well as establishing a relationship with the community there. With the help of the local pastor and leader in Chiang Mai, Pastor Pireot, we have been running medical camps for the local villagers, in addition to raising funds to help improve the infrastructure for the local student hostel.

Last year, our humble team of eight (four medical students and four doctors) returned to Mae Na Chon in Chiang Mai,



Thailand, to serve the villagers again. Led by a common interest and goal, we came together to form a close-knit team, each contributing our own unique skills and strengths. We are proud to have accomplished, in the nine days there, what we did as a small team of eight. The memories and experiences we shared with the locals, and with our fellow teammates, are something we will keep close to our hearts for a long time to come.

Lodged in the mountains, we were awoken with morning mist and our afternoons were filled with dust. Along the countryside, we saw lorries packed with corn, young children riding motorcycles independently and old women with the occasional cow along the road. Every morning's sunrise was a visual spectacle to wake up to.

## Medical programme

Our main programme was the four half-day sessions of medical camps, held in three different villages. The long ride up to where they lived gave us a first-hand experience of the difficulties villagers face in getting access to healthcare.

With medications obtained from a local pharmacist and the support we

received from the local community, we travelled between two to three hours into the mountains each day, running clinics in various communities. In each of these communities, we saw a variety of conditions, many of them our "bread and butter" cases of respiratory tract infections and chronic musculoskeletal pain – a result of their livelihood as farmers. Each of us played our part; as the villagers patiently waited for their turns, we took on the different roles of seeing patients, dispensing medicine and conducting needs assessment (a new initiative this year). With a questionnaire crafted specially for this community, we aimed to assess the prevalence of chronic diseases, especially hypertension. We also performed a qualitative assessment of their perception of health in hopes of picking up something we could work towards in our following visits. The language barrier definitely complicated the process, and we were glad to have the help of our local friends who volunteered their time to help with translation. While we understood that the care we rendered was only a temporary measure to solve their problems, we were touched by the gratefulness they showed as we passed them their medications, and it was a

demonstration of the importance of having access to healthcare.

### Local interactions

On one of the nights, we bonded with the schoolchildren over arts and crafts, where we let their creativity flourish through making their own friendship bracelets and crafting their own personalised musical shakers. This was followed by a dance session specially choreographed to a Thai pop song hit by fellow teammate Sudesna. We also had the opportunity to join them for a night of Christmas carolling under the stars in the cooling weather. Their voices resonated through the dark, carrying with them a common faith and their well-wishes to the households for a better year ahead.

Their community spirit was heart-warming to say the least. Through our home visits that ran concurrently with the medical camp, we witnessed the importance of family support for people suffering from debilitating medical conditions, especially in isolated rural villages like these. Family members came together to provide transportation to the nearest healthcare facility when needed. We saw how those more proficient in English came forward to help us convey instructions on how to take their medications when we struggled with our minimal grasp of the Karan language. We experienced the “kampung spirit” that our elders

experienced – something that we have perhaps lost in the rush of urbanisation and technological advancement.

### Infrastructural project

Our physical strengths were also put to the test, as we completed the back-breaking work of building a concrete wall (just a few metres) surrounding the compound we were living in, adding on to what our predecessors of Project Naamjai 2015 had done. The student hostel currently houses about 80 children of ages ranging from three to 14 years. Most of the children living in the hostel come from villages very far away from the public school and each child’s expenses per year is 2,000 baht (about S\$80). In the coming years, we hope to participate in a collaborative project to assist in the building of a new hostel for the community, in view of the expanding number of students.

The nine days in Thailand opened our eyes to the complexity of healthcare in the developing nations. While we hope that our collaboration with the locals there will help their communities grow, this trip was also a self-fulfilling one that served to heal and replenish our spirits worn out by the hectic nature of medicine. The chance to help the locals with their acute medical needs was a reminder of why we chose this career path – to do good for the patients that entrust us with their health, problems and personal stories. ♦



Pei Yu is a third-year medical student from National University of Singapore Yong Loo Lin School of Medicine. She still has much to learn, but she appreciates opportunities like this to hone her clinical skills. She hopes that these personal interactions with the different communities and working together with her fellow colleagues will help her to be a patient-centred and competent doctor in the future.



Dr Wong is currently a senior resident from the Department of Medical Oncology, National Cancer Centre Singapore. She has been involved in medical missions for the last nine years. She would like to thank her institution and programme directors for always encouraging her to lead these trips.



### Legend

1. Mr Gabriel Low Wei Ting, M5 medical student, leading the team for door-to-door medical assessments and to meet needs of the villages
2. Example of the local homes that the villagers stayed in during our medical camps
3. Most of the small children suffered from worms; we tried to hide the deworming tablets in biscuits and bread. In picture: Dr Evelyn Wong
4. With the local community leaders that we have been working with over the last few years



# SMA EVENTS

## JUL–OCT 2019

DATE	EVENT	VENUE	CME POINTS	WHO SHOULD ATTEND?	CONTACT
<b>CME Activities</b>					
11 May, 29 Jun and 6 Jul Sat	Medical Expert Witness Training 2019	Academia, Furama City Centre Hotel, Family Justice Courts	6	Doctors	Mr Roland Lim 6593 7884 mewt@ams.edu.sg
27 Jul Sat	Communication Course	Camden Medical	2	Healthcare Professionals and Healthcare Administrators	Jasmine 6540 9196 jasminesoo@sma.org.sg
3 Aug Sat	Understanding the Law and Ethics	Novotel Singapore Clarke Quay	2	Medical Practitioners, Lawyers, Nurses, Allied Health Professionals and Healthcare Administrators	Jasmine 6540 9196 jasminesoo@sma.org.sg
5 and 6 Oct Sat and Sun	The Annual National Medico-Legal Seminar 2019	Furama Riverfront Singapore	6	Allied Health Professionals, Healthcare Professionals (Clinical and Non-Clinical), Hospital Administrators and Legal Professionals	Jasmine 6540 9196 jasminesoo@sma.org.sg
<b>Non-CME Activities</b>					
2 Jul Tue	SMA Wine Chapter Dinner	Dolce Vita, Mandarin Oriental Hotel	NA	SMA Members and Guests	Ashley/Priyah 6223 1264 wine@sma.org.sg
17 Jul Wed	SMA Annual Golf Tournament 2019	Sembawang Country Club	NA	SMA Members and Guests	Azliena/Mellissa 6223 1264 golf@sma.org.sg
31 Aug Sat	3rd SMA National Medical Students' Convention	NTU Lee Kong Chian School of Medicine Learning Studio	NA	Medical Students	Priyah/Rita 6223 1264 nmssc@sma.org.sg

# ENHANCE PATIENT CARE AND CLINIC OPERATIONS WITH A SMARTCMS

## By Agency for Integrated Care

MOH's Healthcare Masterplan 2020 - "Beyond hospital to community" has brought about more opportunities for GPs to play a bigger role in caring for our population. These opportunities have come in the form of national schemes such as Community Health Assist Scheme (CHAS), Screen for Life (SFL), Primary Care Network (PCN) scheme and programmes by Regional Health Systems such as right-siting and shared care. GPs can better take hold of these opportunities (and more to come!) with the adoption of a Smart Clinic Management System (SmartCMS) which will help take care of the administrative obligations.

A SmartCMS automates clinic operations and facilitates safe data exchange with other healthcare providers, improving efficiency and operational outcomes of the practice while ensuring an integrated continuum of care.

By providing clinics with an integrated platform to perform claims and clinical data submissions for national primary care schemes such as Community Health Assist Scheme (CHAS), Chronic Disease Management Programme (CDMP), Screen for Life (SFL), Public Health Preparedness Clinic (PHPC), Clinical Indicator Data Collection, and Notification of Communicable Diseases, clinics benefit from increased productivity. GPs and clinic staff can save approximately 5 minutes per patient with the use of a SmartCMS to submit claims. Besides this marked increase in efficiency, it also ensures the safety of confidential patient data, and supports the National Electronic Health Record (NEHR) vision of "One patient, one record" through seamless information flow from the public healthcare system to clinics.



Dr. Oswald Goh is co-founder of Apex Medical, and has had 30 years of experience as a clinician. As a practising GP, he shares with us how switching from a pen-and-paper system to a SmartCMS has enhanced his clinic operations, helping him and his clinic staff provide better care to patients.

**Q** When did Apex Medical incorporate the use of a SmartCMS in your clinics? How was the transition like?

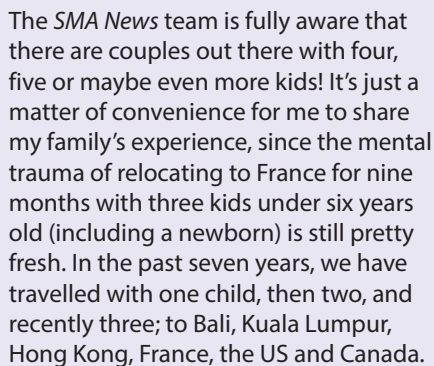
**A** Apex Medical (Jurong) was the first to adopt the SmartCMS in September 2018, followed by Apex Medical (Woodlands) in December 2018, and finally Apex Medical (Yishun) in March this year. Previously, all three clinics relied on a pen-and-paper system. The transition has been relatively hassle-free as the switch was done in phases, and the SmartCMS is very intuitive and user-friendly, so it has been a pleasant experience.

**Q** What prompted you and your co-founders to decide on the switch?

**A** We knew that the introduction of various new initiatives such as enhanced CHAS and implementation of guidelines with regard to health records would require us to rethink our current system of clinic management and operations. Previously, the use of a pen-and-paper system was repetitive and required us to store many physical records, which was cumbersome and time consuming. Therefore, we decided.

**Q** How has the use of a SmartCMS benefited you and your staff?

**A** Using a SmartCMS has greatly reduced the turnaround time for my staff and I to submit claims as we can now submit claims in batches as opposed to the manual submission of claims individually before. This increase in efficiency has allowed us to see more patients, which is evident from a substantial increase in CHAS and MediSave claims as compared to when the clinic was using a pen-and-paper system. Also, prescriptions no longer need to be handwritten, reducing the possibility of manual data entry errors for both me and my staff, and the time taken to edit or appeal for claims as a result. Using a SmartCMS has also allowed me to tap on health records from different healthcare providers through the NEHR, freeing up more time for me to engage in a meaningful exchange with my patients and providing me with a more holistic understanding of their conditions. It has also made it more convenient for my staff to issue itemised receipts and keep track of patient appointments, enhancing the clinic's relationship with our patients.



## Plan and prepare

I aim to be meticulous and to always plan thoroughly. I did my research and read various blogs of travelling mums, noting the different requirements in preparation for first-time flyers versus frequent flyers. I did mental step-by-step rehearsals of what hubby and I would need to do from the moment we leave the house to arriving at our destination, and then back. We dressed and packed accordingly. We anticipated problems and circumvented them. It's much like preparing for surgery: read the textbooks, think about each step of the surgery and assist (or practise on a simulator), all before actually doing one!

would need to do from

Back when we only had one child, that first trip out with a newborn was an experience. We learnt how to prepare the diaper bag, manage spit-ups and tantrums, where to change diapers in the absence of a changing room, how to feed the baby (breastfeeding tips can take an entire chapter), and even how much formula and hot water to pack. Practise, practise, practise – take a trip with your kid(s) and I don't mean a trip out of the country but just to the nearby mall; figure out how much to bring in your diaper bag. For first-time parents, it might feel a little overwhelming – as though you needed to bring everything. With more experience, you will find your own threshold of what is comfortable. When packing for kids of different ages, you will need to figure out what snacks, entertainment (if any) and how many diapers of the respective sizes to bring!

For air travel, the additional challenge of liquid restrictions is very real. Do spend some time to read up and clarify on airline vs country restrictions (ie, "reasonable" amounts of formula powder, prescription medicines and hand sanitisers). Even while 100% breastfeeding, I would still

pack some formula on board just in case stress/dehydration decreases supply, or if we encounter any opposition to breastfeeding. I was comfortable with asking for the milk bottle filled with warm water to the needed level – I have read on blogs where the parents would buy bottled water, and then ask the staff to warm up via a hot water bath.

## Actual execution

During your trips to malls, staycations or travels to nearby countries, assess the energy levels of your children and their reactions to the stress of travelling and/or changes in environment. Also monitor your own energy and reactions!

Figure out if your diaper bags and logistics are adequate, under- or over-supplied.

You should also be ready to adjust accordingly to each child's needs. My inquisitive child loves new experiences – all we needed to do was tell him what we had planned for the day and what to expect, briefly, and he would embrace and find joy in the day's activities. Even during his "terrible twos" or "threenager" year, we did not have any issues with him.

For the picky child, he would have terrible inconsolable meltdowns that could last hours (one has to experience it to believe it); we have tried all the tricks in the book but to no avail. There was one terrible flight where he wailed non-stop for four hours. Two stewardesses, the chief stewardess and three concerned aunties came up to offer parenting advice. After a while, we took turns pretending the kid was not ours. Thankfully, he seems to have outgrown that phase.





The biggest challenge for us to date was the flight to France. It was for my husband's Health Manpower Development Programme stint; I had just delivered our third son five weeks prior to departure. Thankfully, my mother agreed to come with us and we managed to complete all the visa paperwork in time. The kids were then one month old, under two years, and five-and-a-half years. What this meant was having three types of diapers, two types of snacks, and a fair amount of formula on standby. Clothing had to be loose and comfortable. I was five weeks post-delivery... the flabby tummy, the uncomfortable perineum, breastfeeding-related problems (the mummies will understand!), long flights, transit, going through immigration and security checks were no fun at all.

In total, there were three adults, three kids, five luggage bags (including backpacks), one carrier and one pram. We prepared for various permutations of who takes care of which child, in which device, and how to physically handle the luggage. Child safety was also foremost in our minds.

Thankfully, the immigration checkpoints were smooth – all stations allowed us to step forth as a family unit with the exception of my mum, but once I explained that she didn't speak English, I could accompany her through.



People often tell me that travelling with kids will get easier and easier as they get older, and to treasure this period before they become teenagers and would rather die than be seen with me! I will definitely keep this in mind – meanwhile, I'm happy to just do local day trips!

#### Legend

1. CJ (3 years) is happy studying the safety evacuation plan on the aeroplane
2. CJ (3 years) entertains himself with cardboard toy train on a long train ride
3. Memorable trip to Paris Disneyland; thank goodness for my mum! CL (3 years) and CS (6 months) are fearfully mesmerised by Mickey
4. CJ (4 years) helping me with the pram, with CL (9 months) in carrier
5. CJ (3 years) – clearly a seasoned traveller even at a young age

#### Short notes

- The age of the child matters: newborn, infant, toddler, pre-schooler; different physical, emotional and logistical needs (eg, food scissors, separate food, kids' utensils).
- Use of carrier or pram: is the location pram-friendly, or are there rocky terrains, many steps or large old cobblestones?
- Poop emergency, leaking diapers: wet wipes, new diapers, disposal bag, hand sanitiser. Change of clothes for child and adults. Or failing that, dark coloured clothes and perfume.
- Tantrums: toys, titbits, lots of patience staying calm and not whacking the child, thick skin and a sense of humour. My boys respond well to toilet humour and a fart-sound always diffuses tension. As mentioned, thick skin is needed when passers-by give disgusted looks.
- Safety: kids getting kidnapped or lost, risk of forced separation from child at certain borders: The kids had stickers/temporary tattoos with our names and contact details, and we wrote on the inside of their clothes. We brought along copies of their birth certificates. Always one adult had full attention on the kids.
- Pack common medicines (Panadol, Piriton, etc) and appropriate clothing for the weather: layers, socks/hats/mittens/swimming stuff. Singapore has spoiled us. We slop everywhere in T-shirts/shorts/slippers!
- Physical problems in-flight: ear blocks leading to inconsolable crying; try to time feeds with take-off and landing. Try to time the flight with your kids' sleep cycles. There is a safety rule about having to use an infant seat belt when there is turbulence, so we have to wake up the baby and lift out of the cot. Just do it and deal with the crying.
- Hygiene: wet wipes to wipe down every surface; some parents recommend doing so for every flight, but we didn't do this strictly.
- Packing list: I have a standard template of all possible things I need to pack, categorised by child, and check-in vs carry-on. Just personalise for each trip, and you will never miss a thing. At worst,

buy whatever supplies needed! ♦



# CALL FOR PAPERS

The *Singapore Medical Journal* (SMJ) invites local and overseas authors to submit their quality research, reviews, commentaries, editorials, CME articles and short communications relating to all aspects of human health, to be considered for publication.

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**Looking for sub-tenant** for half unit shop at Block 108 Hougang Ave 1. 520 sq ft. 7.8m x 6.2m. Corner unit facing T Junction. Main tenant is dental clinic with long lease. Asking \$5,000 + GST. Negotiable. HP 9126 3763 Dr Martin.

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**Established medical clinic** in the city is seeking for a resident doctor with aesthetics experience, on negotiable terms. Ideal for those with young families and who wish to work flexi days in a week. Please email to lynn.lim@hoidi-int.com.

**We are a** small GP group looking for doctors interested in working Monday to Friday 9am to 3pm and Saturday 9am to 1pm with no Sunday and no night slots. Interested parties, please email us at newclinic2019@hotmail.com or sms us at 9765 1525. Options to work some night slots in other branches also available.

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## CHIEF MEDICAL OFFICER

### Requirements

- Singapore/Australia fully registered doctor
- Post graduate in Family Medicine/ Occupational Health or other related specialties
- At least 5 years in Family Practice
- Passion for training and teaching
- Must have oral and written proficiency in Chinese language

### Responsibilities

The role will:

- Oversee the training program for doctors and nurses in China
- Put together doctor on-boarding, on-going training and CME
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- Work with Clinical Ops team to put in audit and assessment of clinical quality and protocols

For the CMO role, please email your full CV to [marcus.chua@fullertonhealth.com](mailto:marcus.chua@fullertonhealth.com) or call **6672 5133** for a one-to-one discussion about the role.

Fullerton Health Group (Singapore) also welcomes doctors to join our growing practice, both part time and full time. We offer a competitive remuneration package with comprehensive benefits for successful doctors. Interested applicants, please email your full CV to [michelle.lee@fullertonhealth.com](mailto:michelle.lee@fullertonhealth.com).



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### Requirements

- Fully registered with the Singapore Medical Council
- Private practice experience preferred
- Able to commit long term, with a desire to grow with the company
- Innovative and adaptable

### Responsibilities

- Provide virtual care services for patients with acute and chronic conditions through online video consultations
- Provide primary care services
- Conduct health screening, including tests, consultations and reviews

### Benefits

- Profit-sharing

### Contact Jenifer Goh

[jenifer.goh@sheareshealth.com](mailto:jenifer.goh@sheareshealth.com) | 9022 8129 | 1 Pemimpin Drive #02-06 Singapore 576151

# LOCUM MEDICAL PRACTITIONERS

## School Health Services and Student Health Centre



We are looking for medical practitioners to provide ad hoc medical services for the School Health Services (SHS) and at the Student Health Centre (SHC) of the Youth Preventive Services Division (YPSD).

The Youth Preventive Services Division (YPSD) provides the health screening and immunisation services for schools (SHS & SHC). Mobile health teams of doctors and nurses provide health screening (including vision screening) and immunisation services during the school terms. School children who are identified to have health problems during health screening in the schools will be referred to the SHC for further evaluation and management.

### REQUIREMENTS

- Basic medical degree registrable with the Singapore Medical Council.
- Working experience of at least two (2) years post housemanship as medical officers in the restructured hospitals and/or have undergone postings in paediatric medicine and polyclinics.

### RESPONSIBILITIES

#### *At designated schools managed by SHS team*

- a) To conduct medical examination for Primary 1, Primary 5 and new students in school.
- b) To conduct medical examination on fitness for immunisation.
- c) To refer students who require further assessment to SHC when necessary.

#### *At the Student Health Centre*

- a) To conduct medical examination, investigation and management of students who are referred by the SHS team, National Myopia Prevention Programme and Ministry of Education's weight management programme.
- b) Following medical examination in SHC, to provide the necessary health advice and issue relevant certificates e.g. certificates of fitness/unfitness.
- c) To refer students who require further assessment by specialists to the specialist clinics in SHC or restructured hospitals when necessary.

The Medical Practitioners may be assigned to provide medical services at designated schools from 8am to 5.30pm during weekdays while at the Student Health Centre from 8am to 5pm during weekdays and 8am to 12.30pm on Saturdays. There will not be any assignments during Public Holidays for SHS and SHC and school holidays for SHS.

## We are looking for an ASSISTANT DIRECTOR School Health Services to join our team!

Youth Preventive Services promote good health and reduce illness among the school children. The services include health screening and immunisation for the children and youth in Singapore.

The Assistant Director of the Student Health Service is responsible for the conceptualising, planning, and evaluation of the preventive health service, which include health screening and immunisation, for the schoolgoing children.

### RESPONSIBILITIES

- Conceptualise, strategize and develop effective age-appropriate screening programmes in the schools, in consultation with Deputy Director of SHS, which includes medical screening, vision screening, scoliosis screening, screening for hearing loss.
- Conceptualise, strategize and develop effective immunisation programmes in the school annually and monitor the immunisation coverage of 2 year olds to ensure high coverage, in consultation with Deputy Director of SHS.
- Engage and collaborate with stakeholders to ensure success of health screening and immunisation programmes.
- Conceptualise and plan staff training, knowledge acquisition and skills improvement.
- Review health screening and immunisation programmes.

### REQUIREMENTS

- 10 to 15 years of clinical experience in paediatric medicine, school health services, polyclinics or general practice that involves care for paediatric cases.
- Keen and passionate to pursue a career path in preventive medicine services for the youths.
- Ability to manage and lead a team of staff from diversified background.
- Master degree in Public Health will be an advantage.

Interested applicant, please drop your contact details and resume to:

**Locum Medical Practitioners**  
chow\_khuan\_yew@hpb.gov.sg

**Assistant Director**  
emmeline\_tan@hpb.gov.sg



醫院管理局  
HOSPITAL  
AUTHORITY

The Hospital Authority is a statutory body established and financed by the Hong Kong Government to operate and provide an efficient hospital system of the highest standards within the resources available.

## 1. Associate Consultant Positions for Experienced Doctors without Full Registration

(Anaesthesia / Anatomical Pathology / Cardiothoracic Surgery / Nuclear Medicine / Obstetrics & Gynaecology / Ophthalmology / Otorhinolaryngology / Radiology)

(Ref: HO1904001)

## 2. Service Resident Positions for Experienced Doctors without Full Registration

(Anaesthesia / Clinical Oncology / Emergency Medicine / Family Medicine / Intensive Care / Internal Medicine / Nuclear Medicine / Obstetrics & Gynaecology / Ophthalmology / Orthopaedics & Traumatology / Otorhinolaryngology / Paediatrics / Pathology - Anatomical Pathology / Pathology - Chemical Pathology / Pathology - Clinical Microbiology and Infection / Pathology - Haematology / Psychiatry / Radiology / General Surgery / Cardiothoracic Surgery / Neurosurgery / Plastic Surgery)

(Ref: HO1904002)

The Hospital Authority (HA) invites applications from experienced doctors who are not fully registered with the Medical Council of Hong Kong and yet have acquired relevant postgraduate qualifications set out in the Requirements to serve the community of Hong Kong. For details, please visit <http://www.ha.org.hk> (choose English language, click Careers → Medical).

### Application

Application should be submitted **on or before 31 March 2020 (Hong Kong Time)** via the HA website <http://www.ha.org.hk>.

### Enquiries

Please contact **Ms. Melanie TAM**, Hospital Authority Head Office at + 852 2300 6542 or send email to [tml128@ha.org.hk](mailto:tml128@ha.org.hk).



INSTITUTE  
of MENTAL  
HEALTH  
National Healthcare Group

The Institute of Mental Health (IMH) is a 2,000-bed acute tertiary psychiatric hospital situated on a 23-hectare campus at Buangkok Green Medical Park. Set amidst serene surroundings, IMH offers a comprehensive range of psychiatric, rehabilitative and counselling services for children, adolescents, adults, and the elderly.

IMH has the following position:

## Registrar / Resident Physician (Family Medicine)

Reporting to the Head of Department, you will be working closely with Consultant, Family Physician to provide holistic medical treatment to patients with psychiatric disorders.

You will also be responsible for the day-to-day operation of the medical wards and the supervision of Medical Officer in the wards.

### Requirements

- Holds a full registration Practising Certificate with the Singapore Medical Council
- Possess Master in Medicine (Family Medicine) NUS, and/or MRCP(UK) for Registrar and minimum Graduate Dip (Family Med) for Resident Physician
- At least 5 years post housemanship experience

Please submit your resume to: [careers@imh.com.sg](mailto:careers@imh.com.sg)



Parkway Health  
Laboratory

## CONSULTANT PATHOLOGIST

Parkway Laboratory Services offers one of the most comprehensive pathology services in the private sector, as well as a diverse spectrum of pathology cases. This is a reflection of the wide network of clinics and hospitals that Parkway Laboratory serves and this provides a stimulating and dynamic case mix that makes our work interesting.

### Key Accountabilities

- Routine reporting of all Histo-Cytopathology specimens within Parkway Laboratory to guide physicians in making an accurate diagnosis for their patients.
- Responsible for the accuracy and timeliness of frozen sections and rapid cytology examinations.
- Ensure that the Histopathology and Cytology sections of Parkway Laboratory provide appropriate, timely and cost-effective diagnostic tests to their ordering physicians.
- Oversee the care of Laboratory Instruments and promote judicious use of materials.
- Be instrumental in setting up new modalities and promote judicious use of materials
- Actively involved in safety requirements of the laboratory, audit, accreditation and QC surveys undertaken by the Department.

### Job Requirements

- Qualified Medical Specialist in Histopathology / Specialized training in Anatomical Pathology / Clinical Pathology.
- Fully registered with Singapore Medical Council.

Interested candidates, please submit your curriculum vitae to  
[kym.koh@parkwaypantai.com](mailto:kym.koh@parkwaypantai.com)



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[seapenquiries@cambridgeenglish.org](mailto:seapenquiries@cambridgeenglish.org)

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*Note: If it doesn't work, try keying in the first 4-5 digits of your postal code instead.*

Reference: 1. Hayden FG et al. *N Engl J Med* 2018; 379: 913-923.

**Xofluza® (baloxavir marboxil) – Abbreviated Prescribing Information**  
Before prescribing Xofluza, please consult the full local prescribing information.

**THERAPEUTIC INDICATIONS:** Xofluza is indicated for the treatment of uncomplicated influenza in patients aged 12 and above who have been symptomatic for no more than 48 hours. **POSLOGY AND METHOD OF ADMINISTRATION:** The recommended dose of Xofluza is an oral dose of 40 mg in patients with body weight of 40 kg to <80 kg; oral dose of 80 mg in patients with body weight of ≥80 kg. **CONTRAINDICATIONS:** Xofluza is contraindicated in patients with a known hypersensitivity to baloxavir marboxil or any of the excipients. **USE IN SPECIAL POPULATIONS:** No effects on fertility were observed in animal studies performed with baloxavir marboxil. Xofluza should be avoided during pregnancy unless the potential benefit justifies the potential risk to the fetus. The safety and efficacy of Xofluza in pediatric patients (<12 years of age) and geriatric patients have not been established. The safety and efficacy of Xofluza in patients with renal impairment or severe hepatic impairment has not been studied. A change in dose is not required for patients with renal impairment, or mild to moderate hepatic impairment. **UNDESIRABLE EFFECTS:** The overall safety profile of Xofluza is based on data from 1318 subjects in 14 clinical trials receiving Xofluza. No adverse reactions have been identified based on pooled data from 2 placebo-controlled clinical studies in adult and adolescent patients, in which a total of 910 patients have received Xofluza.

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Roche Singapore Pte Ltd, 1 Kim Seng Promenade #15-07/11, Great World City West Tower, Singapore 237994  
PM-SG-0388-05-2019

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